

# THE INFLUENCE OF TOP ATHLETES' PERSONAL FACTORS ON THE SUCCESSFUL COORDINATION OF THEIR DUAL CAREERS

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The biggest advantage of a dual career is completing an education during a sports career or soon after the end of it, which helps to increase employability of an athlete and reduce stress as well as existential problems after the end of the sports career. The purpose of the study was to determine the effect of personal factors on a successful coordination of a dual career. The research has indicated that the most important personal factor for the top athletes in the successful coordination of a dual career is well-organized time, followed by good work habits, persistence, diligence, and interest in studying. The characteristic of the sports activity in coordinating a dual career is most influenced by the scope of trainings and the number of competitions. We have found that personal factors influence a successful coordination of the dual careers of top athletes.